

Fastkins 531RPTTTlol Nutrition Plan

This is what we prefer. No, it doesn't always make sense. But "the best diet is the one you stick to", as The Prophet Berkhan once preached.

1. Two Days Per Week: Eat-Stop-Eat Full Day fast twice per week (Monday/Wednesday). Please see notes below for important information about how we ESE.
2. Four Days Per Week: As high protein/low carb as possible (choose your own numbers; veggies allowed and recommended) on a ≥ 16 -hour fast. **FASTING IS OPTIONAL**. Please see notes below.
3. One Day Per Week: High calorie day when carbs are allowed. See notes below for rationale.
4. Calorie Distribution: totally your choice. We estimated TDEE, figured out how many calories needed to cut per week (using the ol' 3500/pound o'fat number), and went from there. See my distribution in notes below.
5. Post-workout Meal: I don't know whether this matters, but it is what we do. High protein, usually grilled chicken salad or 2 small cans of tuna-in-water for me, personally. My cousin goes with the protein shake. A friend goes with chocolate milk and tuna. We all stay between 200 – 300 calories post-workout, otherwise we'll go over on total calories later on (we all like to eat big at night).

Notes Below

- Eat Stop Eat: Brad Pilon's setup allows you to eat each day, but you go 24 *literal* hours without food (e.g. 6 PM to 6 PM). I have found (for myself and the friends who have tried this) that this leads to problems with post-fast overeating or **creating the illusion of skipping a meal**. We adjusted by go a full, literal day of the week (see my distribution plan), which ends up being 30 to 36 hours fasted. We all prefer to skip breakfast anyway, so no big deal there. **You should buy the damn book if you're paranoid about starving yourself. Good read.**
- 16-hour fasts: totally optional. We just all prefer evening meals that are large, and we each have jobs that keep us busy during the day, making

eating something that causes us to have to stop what we're doing. **The low carb/high protein** is probably important and should be considered mandatory. Who knows, though... try eating carbs and see how you react.

- Low Carb/High Protein: This is just a concept, so don't make dogma out of this in your mind. I don't avoid a Guinness on Saturday night in the name of low carb. I do avoid bread or potatoes or such. As for high protein, I just eat meat and vegetables cooked with seasoning. I don't supplement, but my cousin does and one of my friends is so high protein he has kidney damage (kidding).
- Cheat Day: This is probably more psychological than anything else, although lots of claims have been made about the "benefits". Who cares. After a week of low carb, I WANTS my wife's awesome, homemade pizza. Also, we have a crackpot idea that "re-carbing" is good for your body and keeps your weekly weight average in check. In other words, the Friday carbfest gives you a higher weight on Saturday and Sunday, which evens out the lower numbers.
- Sugar: it's a good idea to be as low in sugar as possible... I avoid diet drinks, too, based on the hunch that your body may mistake zero calorie sweetener for sugar and do something bad to you. It's just a hunch.
- Calorie Distribution: <PDF of Sample Week> Basically, I don't eat on Monday/Wednesday. I try to keep total calories taken in <2000 on Sunday/Tuesday/Thursday. Friday is usually 3000 calories. Saturday is usually 2000-2500 calories (but I also expend a lot of energy... kayaking, hiking, biking, HIIT, etc.)
- **Don't lift on fasting days**. I don't know why this matters, but we all experienced strength loss over time when we did this. Eating immediately after a workout seemed to help. No clue whether it's psychosomatic or what. We train fasted anyway, so I don't think it matters that we don't eat beforehand.